



# FOR ALL YOUR FITNESS NEEDS!

- 50 fitness classes weekly
- Crosstrainers
- Cybex/Hammerstrength/free weights



PHOTO COURTESY BALANCED BODY

**Visit Our New  
Pilates Studio**



"Mid-Valley Athletic Club has a great selection of machines, there are no lines for working out. Plus, the members and staff are fun and friendly."

-Terez, U of A student

**Specialty Services include:**

**Tanning  
Massage  
Pilates**

**140 S. Tucson Blvd.  
792-3654**